

VISHWASHANTI
GURUKUL
WORLD SCHOOL



Refectory Menu

12th to 18th August 2024


REGULAR



Monday

BREAKFAST	12-08-2024	
DRY FRUITS AND NUTS	ALMOND, DATES, RAISIN	
INDIAN	BALCK CHANA, TIRANGA POORI	
CONTINENTAL	BOMBAY S/W	
B/B/JAM	BROWN BREAD, PEANUT BTR, JAM	
CEREAL	CHOCOS	
DRINK	DRINKING CHOC.	
MILK	MILK HOT & COLD	
TEA/COFFEE	TEA, COFFEE	
	BLACK TEA	
FRUITS	WATERMELON	
SNACKS EYP	GREEN PEAS POHA	
SNACKS	VEG KATHI ROLL	
DRINKS	CHAAS	
LUNCH	LUNCH	
PULSES	DAL MAKHANI	
GRAVY	PANEER METHI MALAI	
DRY	VEG JALFREZI	
BREAD	TANDOOR ROTI /CHAPATI	
APC	MINT CHUTNEY/PAPAD	
RICE	JEERA RICE/PLAIN RICE	
DRINKS	CHAAS	
CURD RECIPE	MIX VEG RAITA	
SALAD 3 TYPES	GREEN SALAD, RUSSIAN SALAD SALAD, BOK CHOY SALAD	
DESSERTS	SHAHI TUKDA	
SNACKS	PAPDI CHAT	
DRINKS	ROSE SHARBAT	
DINNER	DINNER	
SOUP	BROCCOLI SOUP	
PULSES	MALKA DAL	
GRAVY	SOYA BHAJI	
DRY VEG	CHANA DAL SPRING ONION SABJI	
ASIAN	PASTA WHITE SAUCE	
STAPLE	GREEN THAI CURRY	
RICE	VEG PULAV/STEAM RICE	
BREAD	CHAPATI /PHULKA	
DESSERT	STRAWBERRY SWISS ROLL	
SALAD	GREEN SALAD, LACHHA SALAD, BEET ROOT SALAD	
APC	SCHEZWAN CHUTNEY	
	ONION/LIME	

Tuesday

BREAKFAST	13-08-2024	
DRY FRUITS AND NUTS	ALMOND, APRICOT, RAISIN	
INDIAN	GREEN PEAS POHA/RASAM	
CONTINENTAL	CHCOC S/W	
B/B/JAM	MULTG. BREAD, MILK BREAD, JAM, BTR	
CEREAL	HONEY ALMOND FLAKES	
DRINK	BOOST	
MILK	MILK HOT & COLD	
TEA/COFFEE	TEA, COFFEE	
	BLACK TEA	
FRUITS	MIX FRUIT	
		
SNACKS PYP/EYP	CHOCOLATE S/W	
SNACKS MYP/DP	POTATO PUFF	
DRINKS	SWEET LIME JUICE	
LUNCH	LUNCH	
PULSES	WHITE WATANA DAL	
GRAVY	GATTA CURRY	
DRY	TURAI MASALA	
BREAD	CHAPATI/PHULKA	
APC	PAPAD/SHEZWAN SAUCE	
RICE	KHICHADI/STEAM RICE	
DRINKS	LYCHEE DRINK	
CURD RECIPE	CURD	
SALAD 3 TYPES	GREEN SALAD, LETTUCE SALAD, BEET ROOT SALAD	
DESSERTS	ANGOOR RABRI	
		
SNACKS	MATKI BHEL	
DRINKS	KAIRI PANNA	
DINNER	DINNER	
SOUP	TOMATO SOUP	
PULSES	DAL ADRAKI	
GRAVY	MALAI KOFTA	
DRY VEG	TINDLI MASALA	
ASIAN	FRENCH FRIES	
STAPLE	RED THAI CURRY	
RICE	BARISTA PULAV/ STEAM RICE	
BREAD	PHUKLA/CHAPATI	
DESSERT	P/A PASTRY	
SALAD	GREEN SALAD, PAPAD SALAD, SPROUT SALAD	
APC	BATATA CHIWDA	
	ONION/LIME	

Wednesday

BREAKFAST	14-08-2024	
DRY FRUITS AND NUTS	ALMOND, DATES, RAISIN	
INDIAN	METHI THEPLA	
CONTINENTAL	CORN MAYO S/W	
B/B/JAM	BREAD, BUTTER, JAM	
CEREAL	STR.FLAKES	
DRINK	DRINKING CHOC.	
MILK	MILK HOT & COLD	
TEA/COFFEE	TEA, COFFEE	
	BLACK TEA	
FRUITS	PAPAYA	
SNACKS PYP/EYP	IDLI CHUTNEY	
SNACKS MYP/DP	SCHEZWAN CHUTNEY	
DRINKS	LEMON JUICE	
LUNCH	LUNCH	
PULSES	DAL TADKA	
GRAVY	KHADA BHAJI	
DRY	METHI MOONG	
BREAD	CHAPATI/PAV	
APC	PAPAD	
RICE	SOYA DUM BIRYANI/STEAM RICE	
DRINKS	KOKAM JUICE	
CURD RECIPE	BURANI RAITA	
SALAD 3 TYPES	GREEN SALAD, SPROUTED CHANA SALAD, BEET ROOT SALAD	
DESSERTS	BOONDI LADOO	
SNACKS	VEG SPRING ROLLS/SWT.CHI	
DRINKS	COLD COFFEE	
DINNER	DINNER	
SOUP	CREAM OF TOMATO WITH CROUTONS	
PULSES	YELLOW CHANA DAL	
GRAVY	MUSHROOM KADHAI	
DRY VEG	LOKI CHANA MASALA	
ASIAN	PASTA IN RED SAUCE	
STAPLE	CHEESE CORN BALL	
RICE	STEAM RICE/RICE NOODLE COMBINATION	
BREAD	ROTI / BUTTER ROTI	
DESSERT	DRY FRUIT PHIRNI	
SALAD	GREEN SALAD, BEANS SALAD, KACHUMBER SALAD	
APC	FRIED GREEN CHILLI, ONION, LIME	
	ONION/LIME	





Thursday

BREAKFAST	15-08-2024		
DRY FRUITS AND NUTS	ALMOND, APRICOT, RAISIN		
INDIAN	SAGO WADA/SWEET CURD		
CONTINENTAL	CHUNTNEY S/W		
B/B/JAM	BREAD, BUTTER, JAM		
CEREAL	MUSLEI		
DRINK	BOURNVITA		
MILK	MILK HOT & COLD		
TEA/COFFEE	TEA, COFFEE		
	BLACK TEA		
FRUITS	PINE APPLE		
SNACKS PYP/EYP	MINI ALOO PARATHA		
SNACKS MYP/DP			
DRINKS			
LUNCH	LUNCH		
PULSES	Special lunch		
GRAVY			
DRY			
BREAD			
APC			
RICE			
DRINKS			
CURD RECIPE			
SALAD 3 TYPES			
DESSERTS			
SNACKS	BUTTER SCOTCH MILK SHAKE		
DRINKS			
DINNER	DINNER		
SOUP	MANCHOW SOUP		
PULSES	DAL FRY		
GRAVY	PANI POORI		
DRY VEG	BHEL		
ASIAN	GOBI 65		
STAPLE	VEG FRIED RICE		
RICE	STEAM RICE/ VEG FRIED RICE		
BREAD	KACHHI DABELI		
DESSERT	FRUIT TRIFLE		
SALAD	CUCUMBER SALAD, PAPADI SALAD, MIX VEG SALAD		
APC	FRIED GREEN CHILLI, ONION, LIME		
	ONION/LIME		

Friday

BREAKFAST	16-08-2024	
DRY FRUITS AND NUTS	ALMOND, DATES, RAISIN	
INDIAN	MISAL PAV	
CONTINENTAL	COLESLOW S/W	
B/B/JAM	MULTG. BREAD, MILK BREAD, JAM, BTR	
CEREAL	CHOCOS	
DRINK	BOOST	
MILK	MILK HOT & COLD	
TEA/COFFEE	TEA, COFFEE	
	BLACK TEA	
FRUITS	APPLE	
SNACKS PYP/EYP	ROTI WRAP	
SNACKS MYP/DP	SAMOSA	
DRINKS	BLACK CURRENT MOCKTAIL	
LUNCH	LUNCH	
PULSES	KASHMIRI RAJMA CURRY	
GRAVY	PANEER BUTTER MASALA	
DRY	MIX VEGETABLES	
BREAD	BUTTER GARLIC NAAN/PHULKA	
APC	PAPAD	
RICE	CORRIANDER RICE/PLAIN RICE	
DRINKS	CHAAS	
CURD RECIPE	MIX RAITA	
SALAD 3 TYPES	GREEN SALAD, KIMCHI SALAD, CUBE SALAD	
DESSERTS	GULAB JAMUN	
SNACKS	MAGGI	
DRINKS	ICE TEA	
DINNER	DINNER	
SOUP	HOT AND SOUR SOUP	
PULSES	DAL TRIVENI	
GRAVY	KASHMIRI DUM ALOO	
DRY VEG	TAWA VEG	
ASIAN	CRISPY CHICK PEA IN SAUCE	
STAPLE	PASTA WITH TOMATO SAUCE	
RICE	STEAM RICE/CORIANDE RICE	
BREAD	CHAPATI/GHEE CHAPATI	
DESSERT	CHOCOLATE MOUSSE	
SALAD	GREEN SALAD, SPROUT SALAD, BEET ROOT SALAD	
APC	PAPAD/PICKLE	
	ONION/LIME	

Saturday

BREAKFAST	17-08-2024		
DRY FRUITS AND NUTS	ALMOND, APRICOT, RAISIN		
INDIAN	POORI BHAJI		
CONTINENTAL	VEG CHEESE SLICE S/W		
B/B/JAM	BROWN.BREAD, BUTTER, JAM.		
CEREAL	CORNFLAKES		
DRINK	BOURNVITA/TOMATO KETCHUP		
MILK	MILK HOT & COLD		
TEA/COFFEE	TEA, COFFEE		
	BLACK TEA		
FRUITS	BANANA		
SNACKS EYP			
SNACKS	VEG FRANKIE		
DRINKS	FRESH MIX FRUIT JUICE		
LUNCH	LUNCH		
PULSES	DAL LASOONI		
GRAVY	VEG MAKHANI		
DRY	ACHARI JEERA ALOO		
BREAD	CHAPATI/PHULKA		
APC	KOTHIMBIR WADI		
RICE	VEG COMBINATION RICE/STEAM RICE		
DRINKS	MOCKTAIL		
CURD RECIPE	PINEAPPLE RAITA		
SALAD 3 TYPES	GREEN SALAD, SPROUTED CHANA SALAD, BEET ROOT SALAD		
DESSERTS	SWEET KHANDVI		
SNACKS	PIZZA		
DRINKS	KIWI JUICE		
DINNER	DINNER		
SOUP	HOT AND SOUR SOUP		
PULSES	DAL AMRITSARI		
GRAVY	SOYA CHAP MAKAHNI		
DRY VEG	ALOO GOBI DRY		
ASIAN	DRY MANCURIAN		
STAPLE	POTATO WEDGES		
RICE	JEERA RICE/STEAM RICE		
BREAD	TAWA PARANTHA/CHAPATI		
DESSERT	BLACK FOREST PASTRY		
SALAD	GREEN SALAD, PAPAD SALAD, SPROUT SALAD		
APC	PAPAD/PICKLE		
	ONION/LIME		

Sunday

BREAKFAST	18-08-2024	
DRY FRUITS AND NUTS	ALMOND, APRICOT, RAISIN	
INDIAN	ALOO PARANTHA/SCHEZWAN SAUCE	
CONTINENTAL	BUTTER BADAM COOKIES	
B/B/JAM	BREAD, BUTTER, JAM	
CEREAL	SPECIAL K	
DRINK	BOOST	
MILK	MILK HOT & COLD	
TEA/COFFEE	TEA, COFFEE	
	BLACK TEA	
FRUITS	WATERMELON	
SNACKS EYP		
SNACKS	KACHORI CHUTNEY	
DRINKS	KAIRI PANNA	
LUNCH	LUNCH	
PULSES	AMTI	
GRAVY	MATKI USAL	
DRY	SHEV BHAJI	
BREAD	POORI/CHAPATI	
APC	PAPAD	
RICE	MASALE BHAT/STEAM RICE	
DRINKS	KOKAM JUICE	
CURD RECIPE	KOSHIMBIR	
SALAD 3 TYPES	GREEN SALAD, ALOO ANAR CHAT, PASTA SLAAD	
DESSERTS	SHREEKHAND	
SNACKS	KANDA BHAJIYA	
DRINKS	BANANA SHAKE	
DINNER	DINNER	
SOUP	MAKAI KA SHORBA	
PULSES	DAL ADRAKI	
GRAVY	PANEER BUTTER MASALA	
DRY VEG	BHENDI DO PYAZA	
ASIAN	SOYA CHILLI	
STAPLE	CHEESE GARLIC BREAD	
RICE	STEAM RICE/NAVRATAN PULAO	
BREAD	NAAN /PHULKA	
DESSERT	BROWNIE	
SALAD	GREEN SALAD, LETTUCE/MEDETERIAN SALAD	
APC	FRIED GREEN CHILLI,ONION,LIME	
	ONION/LIME	